**Practice Abstinence**
The surest way to avoid STDs is to not have sex.

This means not having vaginal, oral, or anal sex.

**Have Fewer Partners**
Agree to only have sex with one person who agrees to only have sex with you.

Make sure you both get tested to know for sure that neither of you has an STD. This is one of the most reliable ways to avoid STDs.

**Talk With Your Partner**
Talk with your sex partner(s) about STDs and staying safe before having sex.

Why take a chance when we can know for sure?

Let’s both get tested together!

It might be uncomfortable to start the conversation, but protecting your health is your responsibility.

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**Use Condoms**
Using a condom correctly every time you have sex can help you avoid STDs.

Condoms lessen the risk of infection for all STDs. You still can get certain STDs, like herpes or HPV, from contact with your partner’s skin even when using a condom.

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**Get Vaccinated**
The most common STD can be prevented by a vaccine.

The HPV vaccine is safe, effective, and can help you avoid HPV-related health problems like genital warts and some cancers.

Who should get the HPV vaccine?
Routine vaccination for boys & girls ages 11 to 12

Catch-up vaccination for:
- Young women up to age 26
- Young men up to age 23
- Gay, bisexual, & other men who have sex with men who are up to age 26
- People with compromised immune systems up to age 26

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**Get Tested**
Many STDs don't have symptoms, but they can still cause health problems.

The only way to know for sure if you have an STD is to get tested.

Talk with your health care provider
Search for CDC recommended tests
Find a location to get tested for STDs

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**The Good News**
STDs are preventable. There are steps you can take to keep yourself and your partner(s) healthy.

Here’s How You Can Avoid Giving or Getting an STD:

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View Infographic Online at: www.cdc.gov/ STD/prevention/lowdown/